



# Safe Use and User Inspection of Safety Harnesses

This course is designed to teach delegates operator pre-use inspection as well as correct use. Pre-use checks are essential because of the high risk and abuse this type of equipment is often subjected to.

## COURSE CONTENT

### STATUTORY REQUIREMENTS

- Health and Safety at Work Act
- Working at Height Regulations 2005
- Provision and Use of Work Equipment Regs. 1998
- BSEN 365 – General Requirements

### PRE-USE INSPECTION

- Identification of type and fitting
- Practical inspection - user
- Lanyards and clips

### ANCHORAGE

- Identify suitable anchorage points.
- Practical exercise

### USE

- Correct fitting and adjustment – practical exercise
- Types of fall arrest
- Storage and maintenance

Duration	Half day (basic) or 1 day (with additional working at height instruction).
Course Requirements	Delegates will be required to practically demonstrate the inspection, fitting, adjustment and safe use of a safety harness and attached lanyard. This equipment will be required for the day of the course.
Number of delegates	Maximum 6